

From Isolation to Connection

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The Topics

- The model
- 3 Oriented Phases
- The Structure of The Group
- The Goals of The Treatment Group
- The Key elements

The 3 Components of The Group Model

- The creation of group attachment
- The narration of the story
- The practice of social skills

A Unique Model for Group Therapy for Victims of Sexual Assault

Helplessness and isolation are the core experiences of psychological trauma. Empowerment and reconnections are the core experiences of recovery... Recovery can take place only in the context of relationship (Herman, 1992).

3 Oriented Phases

- ☐ Phase 1- Establishing safety
- ☐ Phase 2- Remembrance and mourning
- ☐ Phase 3- Reconnection

The Structure of The Group

- 8-9 women who are sexually abused
- 25 meetings, 2 hours each
- Intakes prior to the group and individual summary at the end of the group
- Attitudes questionnaire – before the meetings and at the end of the meetings

	Phase 1	Phase 2	Phase 3
Sessions	1-10	10-20	13-25
	Mindfulness		
	Check in		Check in
	Acquaintance Contract Preparation for the second phase	A trauma story	Skills
Closer	Empowerment word for each one		

The Treatment Goals of The Group

- Acceptance & Belongingness
- Validation – Telling the story
- Life skills
- Empowerment

Non verbal – Acquaintance Exercise Making Connections Through Art



The Treatment Goals of The Group

- Acceptance & Belongingness
- Validation – Telling the story
- Life skills
- Empowerment

Resource Tree

To...

With love



The success to be myself

*To make decision wether
to built or take apart*

Women group 2017

The Key Elements

- ❑ The model contains all the 3 phases in one group
- ❑ The methods- CBT, Art therapy, Dance therapy, Role playing
- ❑ Co- leadership
- ❑ Every woman tells her trauma story in front of a supportive group
- ❑ Life skills are worked on from the start